



WCMHS

Washington County Mental Health Services, Inc.

Where Hope and Support Come Together

WCMHS offers hope, support, and services to
Vermonters with mental health, substance use disorder,
or intellectual/developmental challenges

www.wcmhs.org

Administrative Office: 885 South Barre Rd, Barre, VT 05670
802-229-1399

Washington County Mental Health Services
P.O. Box 647, Montpelier, VT 05601-0647

OUR MISSION STATEMENT

WCMHS advocates the inclusion of all persons into our communities and actively encourages Self-Determination and Recovery.

OUR STORY

Established in 1967 and proudly celebrating almost 60 yrs of serving our community.

WHO WE SERVE

Children, adolescents, families, and adults living with mental health, emotional and behavioral issues, substance use disorder, and intellectual/developmental challenges.

Acceptance and participation in programs are the same for everyone without regard to race, color, national origin, or religion. Our dedicated staff works to assist each individual to reach their goals.

WHERE WE SERVE

Services are both office and community-based. The range of services we offer includes prevention and wellness, assessment and stabilization, and 24-hours-a-day, seven-days-week emergency response. A flexible approach to person-centered care for residents within Washington County and the adjacent towns of Orange, Washington, and Williamstown.

STATS 2024

Served 3,165 clients and delivered a total of 276, 701 services.

Many participated in multiple programs offered across the Agency's divisions, receiving collaborative direct services and were also served via community-based services whether educational sessions, community forums, extended family and other non-billable services.



Center for Counseling & Psychological Services

174 Hospital Loop, Berlin
(802) 479-4083

Adult and Children's Outpatient Services provides comprehensive counseling across the lifespan (ages 6 - 99). Serves any community member who identifies a counseling service need. Care is delivered in client-centered, trauma-informed, and culturally sensitive ways.

Services (income based sliding scale available):

- **Therapy:** Individual, couples, family, and group
- **Co-Occurring Treatment:** Group & individual integrated mental health and substance use treatment
- **Case Management & Care Coordination** provide community-based, therapeutic case supports to work on targeted goals (help with accessing benefits-social security, housing, & accessing health insurance)
- **Psychiatry Services & Medication Management**

Specialty Services:

Trauma Treatment Services (Linking Community Supports Program - LINC'S):

A program for the treatment of the effects of Psychological trauma.

Dialectical Behavioral Therapy (DBT):

Support for clients needing help with emotional regulation

Reach Up: For clients with substance use and mental health needs, provided by a wellness coach & clinicians

Eldercare Services: Contracted clinician embedded at Support and Services at Home locations in Washington County, with referrals from the Council on Aging and community resources

802-479-0531 | 1-800-642-5119 |
802-223-6328 x39

Behavioral Health Integration Program (BHIP): Co-locates therapists in primary care practices associated with Central Vermont Medical Center

Collaborative Systems Integration Project (CSIP):

Outreach Case Managers and Street Interventionists provide intensive, community-based therapeutic case management.

- Street Interventionists collaborate with law enforcement and community organizations to conduct needs assessments and provide crisis stabilization for adults
- Includes re-entry support for clients returning to the community from corrections

Substance Use Services (Treatment Associates):

Community-based drug and alcohol treatment to enhance access to comprehensive mental health and substance use care. Substance Use Disorder (SUD) services work with treatment courts to provide: Medication for Opioid Use Disorder (MOUD/Medication Assisted Treatment) and Outpatient Alcohol Detox



Children, Youth & Family Services

579 South Barre Road, Barre
(802) 479-0012
260 Beckley Hill Drive, Barre
(802) 476-1480

Children, Youth & Family Services encompasses a wide-variety of office and community-based, school and home-based services for children and their families living with mental and behavioral challenges. Services provided to expectant mothers, parents of children and youth up to 22 yrs old.



Residential Treatment Programs: Intensive community-based services to children with challenging behaviors. Operating 5 programs, each specializes in serving specific needs. The goal is to provide stable treatment-based placements to children who have experienced multiple placements, extended residential placements or hospitalization

Family Partnership and Supports (FPS): Therapeutic case management for biological, adoptive, and foster families. We help families navigate emotional, mental health, and stress-related challenges with stabilization support and long-term success strategies.

Therapeutic Foster Care: Trauma-informed foster care placements with skilled foster parents. Wraparound services, coordinated by an assigned therapeutic case manager. Foster parents are provided specialized training to meet unique needs. The team collaborates with the Department for Children and Families and the Department of Mental Health to ensure successful transition back to the child's family or relationship development with a newly identified family.



Children's Navigation: Unified point of contact for families seeking services. Navigators conduct home, office, or community-based intakes, assess needs, and connect families with the right services. Short-term treatment options include therapy, group therapy, case management, and service coordination.

Counseling Services: Individual, group, and family therapy, including specialized treatment for children exposed to domestic violence.

Early Childhood Services (Ages 0-6): Outreach specialists support children at risk of emotional or developmental challenges.

New Leaf Childcare (Age 0-3): Specialized care for children experiencing or at risk of serious emotional disturbances and children with developmental issues and their families.

Community Skills (Age 0-22): One-on-one support to build essential life skills in a fun, community-based setting, designed to supplement existing mental health and developmental supports. This program complements existing mental health and developmental services and is available through case managers across all divisions serving children.





Contracted Services



Contracted School Services: Contracts between a Local Education Agency (LEA) and WCMHS.

School Based Behavior Interventionist Services (SBBIS): Individualized, school-based programs for students with emotional and behavioral challenges, offering support for both youth and their families.

The Beckley Day Program (BDP) (Grades 1-6): A short-term tutorial program for students in School Based Behavior Intervention Services Program, who have acute difficulties accessing their education in a traditional school setting.

Specialized Treatment and Reaching Success (STARS) (Age 3-22): Supports students diagnosed with autism spectrum disorder (ASD) and/or developmental disabilities (DD). Provides academic, social, and life skills support within public schools or the STARS center.

Ch.O.I.C.E. (Changing Our Ideas Concerning Education) Academy (Grades 5-12): An integrated mental health treatment and educational center for students with emotional and behavioral challenges. Offers a small, therapeutic environment where education and treatment work together.

Services include:

- Individualized academic and behavioral support
- Family and group counseling
- Case management
- After-school and summer programs
- Special education services

Home School Coordinators (PBIS): Clinicians and case managers provide home-school coordination, interagency service collaboration, and direct support for students with serious emotional disturbances. Staff also assist with implementing Positive Behavioral Intervention and Supports (PBIS) systems in schools.



Community Support Program

9 Heaton Street in Montpelier
(802) 223-6328

The Community Support Program (CSP) offers individualized comprehensive community-based support to persons with intensive mental health needs, emphasizing health, wellness, & recovery.

- **Residential Supports:** Therapeutic, Crisis & Peer-Supported Housing: licensed homes and peer-run housing with a trauma-informed, recovery-oriented approach.
- Crisis Housing: programs like Maple House, a peer-run crisis bed, offer short-term stabilization in a supportive environment.
- Transitional Housing: The Community Support Program (CSP) helps individuals with intensive mental health needs transition to permanent, affordable housing with support for appointments, medication management, and daily living skills.



Community Support: Home and community-based assistance with wellness, problem-solving, decision-making, and life skills. Support includes personal finance management, healthcare access, medication management, and home care skills.

Case Management: ADD/ Care Coordination helps clients identify the best programs for their needs, coordinating care in housing, benefits, employment, and physical/ psychiatric care and support with Daily Living.



Counseling: Strength-based, trauma informed, recovery-oriented approach offered in office and community. Modalities include

- Cognitive Behavioral Therapy (CBT)
- Substance Use Treatment
- DBT program (therapy and skills group)
- Collaborative Network Approach

Sunrise: A supportive space to develop skills for managing mental illness, trauma, and substance use. Individuals work toward personal goals using tools like the Wellness Recovery Action Plan.

Psychiatry: Support including medication management provided for eligible clients, The case manager will help coordinate services.

Employment Support- Green Mountain Workforce (also at WellSpace):

Helps individuals find and maintain community-based employment. Works with Vermont Hirability, employers, & community partners to integrate employment into recovery. Services include job search assistance, skill development, benefits counseling, & support in overcoming employment barriers.



Community Developmental Services

50 Granview Dr., Barre
(802) 479-2502

CDS serves clients experiencing developmental disabilities, autism, and traumatic brain injury by offering services that enable client autonomy, independence, skill building, nursing, psychiatry, and residential care to clients across their lifespan. Services are community or home based and include approximately 80 contracted shared living providers who can serve 1-2 clients in their homes.



Services include:

- Service and Care Coordination
- Independent Living Supports
- Counseling Services



The Bridges Program (Age 0-22):

Care coordination for children with developmental disabilities, connecting families to medical, educational, and social services.

Community Supports (Age 18+): Helps adults access community resources.

Home and Community Based Services (HCBS) (Age 18+): Children who meet funding priorities of Preventing Institutionalization/Psychiatric Hospitals/Nursing Facilities through case management, service coordination, community/residential, communication, employment & clinical supports, and flexible family funding.

The Learning Collaborative: Weekly classes 9:30am-4pm with special events (day long trips & excursions). Participants, staff, and invited teachers and guests work together to create a peer focused learning community. The creativity and learning style of each participant is taken into consideration in providing guidance instruction.

Shared Living Providers (SLP):

102 individuals living in approximately 80 shared living providers that host 1-2 people in their homes. Offers community based residential treatment for people with ID/DD, Autism, and TBI diagnosis.

Supported Apartment Program:

Independent living with staff assistance for daily tasks and community access.



Smart Home Living Supports:

Technology enhanced living for greater independence, remote monitoring, and virtual care access provides safety supports, virtual access to care teams, crisis response, medication supports, and chronic health monitoring. Technology is individualized, HIPAA compliant, connected to the client's electronic medical record system, and customizable to individual needs.

Nursing Services

WCMHS nurses are embedded throughout the agency. Nurses both provide medical and psychiatric care to meet the evolving needs of our clients while adhering to licensing requirements throughout our divisions. There are currently 12 full-time RNs supporting our clients, programs, and psychiatry.

Nursing staff provide:

- Medical and psychiatric nursing assessments
- Medication trainings
- Medication and medical treatment oversight
- Triage of medication or medical related issues for psychiatric staff
- Consultation
- Health and Wellness promotion
- Monitoring of health status of clients/coordination of health care
- Nursing care and treatments
- Substance Use Disorder nursing treatment



Psychiatric Services

Washington County Mental Health Services provides
Psychiatric services for its clients.

Psychiatric services can also be provided on an urgent or emergent basis. The team of psychiatric providers covers the psychiatric needs of the hospital diversion program, Home Intervention, as well as various group homes and residential programs.





Intensive Care Services

286 Hospital Loop, Berlin

(802) 229-0591

Intensive Care Services is a combined service providing a spectrum that ranges from urgent to emergency care. Response teams meet clients in the community, in their homes, and at the emergency room. The focus is to assess a clients needs and provide immediate support in ways that work best for clients.

Emergency Screeners 24/7 for crisis response (802)229-0591

Intensive Family Based Services: In home services for families experiencing crisis, providing brief treatment including crisis stabilization, assessment of needs, case management, therapeutic interventions and referrals to longer term providers.

Police Clinicians: Located within Vermont State Police, Barre City & Montpelier police department, providing crisis de-escalation support and referrals to community resources.

Lighthouse, Public Inebriate Program: A safe alternative for people involved with law enforcement, under the influence of substances & in need of a safe, supervised setting.

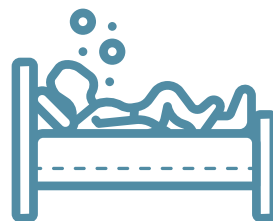
Adolescent DBT Program: An evidenced based practice that supports teens and families to strengthen emotional well-being. The WCMHS Adolescent DBT program includes all the components necessary to ensure fidelity to the treatment model.

Urgent Care/Access Program: Brief treatment programs for crisis stabilization & assessment of needs serving children, teens, families and adults. Depending on the need, services can include case management, therapy & referrals to longer term providers.



ACCESS HUB: A walk-in or referral urgent care program for people experiencing mental health and substance use challenges. Staffed with a multi-disciplinary team for crisis stabilization, assessment of needs and safety planning. Open 7am-7pm M-TH and 7am-4pm Fridays (not open on weekends)

Home Intervention Crisis Beds: Hospital diversion providing 24/7 supports focusing on safety, stabilizing crises, brief treatment and safe discharge planning for adults. Referrals made through the emergency screening team, case managers, mobile outreach team and hospitals.



WellSpace

23 Summer Street
(802) 479-4055

Community Support Program

Counseling Services: Therapy for all ages using CBT, Positive Psychology, & EMDR to address stress, trauma, and wellness. (802) 223-6328

ACCESS HUB: Providing flexible support services as needed. (802) 301-3200

Children, Youth & Families

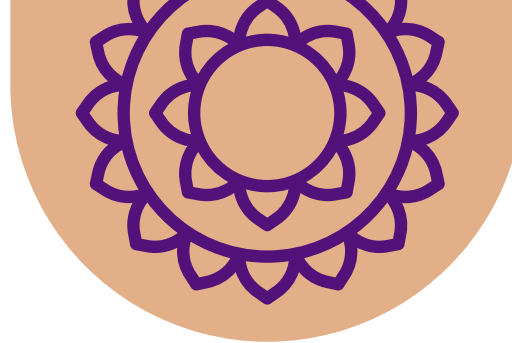
Steering Committee: Meetings 3rd Thursday/ mo, 5-6:30pm. Training and info for families and caregivers.
heather.Slayton@wcmhs.org

Massage Therapy: PerfectTouchVT

Parent-Child Interaction Therapy

(PCIT): Coached behavioral training for parents & children using a one-way mirror & earpiece guidance. (802) 229-0591

Reach Up Program: Supports individuals meeting ESD financial assistance requirements with mental health, substance use, and case management services.



Hyperbaric Oxygen Therapy

(HBOT): Available (with prescription) for Lyme, Long COVID, PTSD and vets with TBI

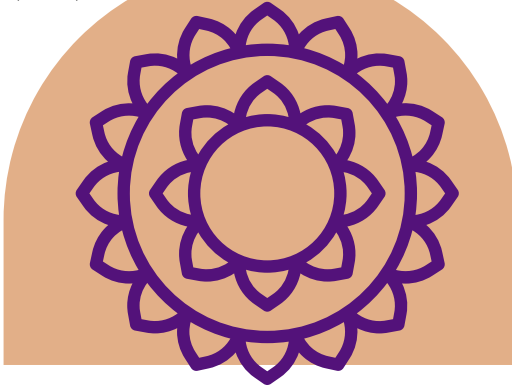
Wellness Wednesdays: Walk-in for Ear Acu-detox & mindfulness meditation. Book a chair massage, sound healing, full body massage, Myo-Facial Release, or Reiki.
Robin.Pratt@WCMHS.org

PYO Wellness Coaches:

Supporting youth (ages 10-26) with substance use prevention, treatment, and recovery. Services include therapy, family support, case management, and psychiatric consultation.
Jared.Job@wcmhs.org

Adult Access Program: Providing urgent mental health assessments, treatment, and referrals through mobile & office-based support.

(802) 249-9067



The Imagination Station:

All users must complete training, 3rd Wednesday of each month at 1pm. This Snoezelen sensory room offers a customizable experience for individuals with autism.
Monday-Friday, 8:30am-3:30pm
Heather.Slayton@wcmhs.org

Treatment Associates (TA):

Providing outpatient support for substance use and mental health through counseling & medication management. (802) 225-8355

The Phoenix – WellSpace Gym:

Build resilience and recovery through functional movement training on Wednesdays & Saturdays. Staff Boot Camp & Wellness options.
jhunterthompson@gmail.com

The Doula Project (partnering with the Heart Program):

available to any woman who receives or is eligible to receive services from WCMHS for prenatal, labor and post-natal care.(802) 522-8637

The JOBS Program: case management assistance to youth transitioning to adulthood with accessing and succeeding in employment, education, housing, positive relationships, community connections, and living independently.

Heather.Houle@wcmhs.org



WCMHS

Washington County Mental Health Services, Inc.

Agency Telephone Numbers

24 Hour Emergency Services 229-0591

Administrative Offices/General Info	(802) 229-1399
Community Support Program	(802) 223-6328
Center for Counseling and Psychological Services	(802) 479-4083
Emergency and Counseling Services of Washington County	(802) 229-0591
Community Developmental Services	(802) 479-2502
Children, & Family Services	
579 South Barre Road	(802) 479-0012
260 Beckley Hill Drive	(802) 476-1480
J.O.B.S.	(802) 479-4055
Green Mtn. Workforce	(802) 223-6328
Mental Health	(802) 229-0591
Elder Treatment	(802) 476--0531
WellSpace/ Summer Street	(802) 479-4055